Sleep Apnea Dentist Stresses Importance of Nose Breathing

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Dr. Rebecca Taylor of Green City Dental in Edmonds, WA, wants to emphasize the importance of nose breathing. In a recent blog post, she explains how people can quit mouth breathing and how they can start breathing through their nose. The Seattle sleep apnea dentist explains that nasal breathing allows the nose to perform its function as filter, humidifier, and sensor for detecting various things, from smoke to spoiled food to a potential mate. It may also help boost the nitric oxide levels in the body. This is a chemical that is created in the lining of the blood vessels and a crucial chemical in heart health and more.

Dr. Taylor explains, ?Nitric oxide serves as a bronchodilator, which is important especially for people with various breathing difficulties. It is a vasodilator, which means that it relaxes the walls of blood vessels so that they are effectively widened. The result is enhanced blood circulation in the body. This chemical is also a major player in boosting the immune system and it can also serve as an antibacterial agent that helps in fighting germs and bacteria.?

Deficiency in nitric oxide in the body has been found to be linked to diabetes, heart disease, erectile dysfunction, and other health issues. Dr. Taylor also wants to emphasize that mouth breathing may also have

negative effects on dental health. Thus, there are many reasons why it is vital to breathe through the nose.

Recent studies have shown that for those with obstructive airway issues, such as COPD, asthma, emphysema, and chronic bronchitis, the Buteyko Method may be effective in the improvement of breathing control, breath holding, and minimizing the work of breathing.

In the Buteyko Method, people are taught to decrease their volume of breathing through increased abdominal muscle tone and relaxation of all the other muscles used in breathing, especially the chest and shoulders. Because of the low-volume of breathing, there is less effort in breathing, which results in the enhancement of the function of the diaphragm and the relaxation of the respiratory muscles.

Dr. Taylor warns, however, that just like myofunctional therapy, Buteyko should be taught by a trained health professional. It is not a do-it-yourself technique. When Buteyko has become second nature for adults and children, they may begin experiencing various improvements in their health and the quality of their lives. This is because nasal breathing balances the levels of carbon dioxide, nitric oxide, and oxygen in the body, enhancing the immunity, relaxing the nervous system, improving focus, and boosting overall energy.

Dr. Taylor is a holistic dentist and aside from offering general dental services and cosmetic services, she offers other services, such as the Myobrace; myofunctional and craniosacral therapy; ozone therapy; micro air abrasion; Carlson bridges; material biocompatibility testing; sensitivity assessments; metal-free fillings and restorations; metal-free ceramic implants; mercury detox referrals, and conquering dental fear or anxiety.

She also offers sleep apnea and snoring solutions. Sleep apnea may be the result of a misaligned jaw, a collapsing tongue, or a tissue obstruction. Usually, an oral appliance is used to treat sleep apnea. This will gently move forward the lower jaw and tongue, thus creating more space in the back of the mouth providing a better path of air while the person is asleep. This oral appliance is often used for mild or moderate sleep apnea.

For more severe sleep apnea, a MicrO2 appliance may be recommended. Each MicrO2 appliance will be tailor-fitted to the patient by applying CAD-CAM technology. This allows for a comfortable fit so that the patient can have a good night?s sleep. This appliance is lightweight but durable, removable, and biocompatible. For other cases, a Vivos appliance may be used. This particular device functions by actually remodeling the airway, allowing the patient to breathe freely and consistently while asleep.

People who would like to know more about the services offered at Green City Dental can visit their website, or contact them through the telephone or via email. They may also want to take a look at other blog posts of

Dr. Taylor, such as the one about mouth breathing in children.

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